

**Our Brains Work Best in Community:
Describe Whatever Comes Into Your Awareness
(Practice Exercise to Follow Video Training Segment #3)**

Karl D. Lehman, M.D., Immanuel Approach Basic Training Videos

A. Upgrade another non-God positive memory: For this exercise, the recipient starts with another non-God positive memory and gets more practice with upgrading to an Immanuel memory. Also, upgrading non-God positive memories is an especially helpful tool for getting splinter-free positive memories that are necessary for the Immanuel Approach safety net.

Examples of non-God positive memories:

- Holding one of your children as a newborn baby
- Some other particularly beautiful experience with one of your children
- A favorite family Christmas memory
- Playing with a favorite pet
- An especially positive time with friends
- Some beautiful nature experience (visit National Parks to collect these!)
- Thoroughly enjoying your favorite meal/dish/food.

B. Confidentiality: Others on your practice team will share personal details, and will have personal, poignant, vulnerable experiences in the context of their Immanuel encounters. It is very important that you not share any of their details without their permission. If there are details you find especially meaningful and would like to be able to share with others, *please ask the recipient's permission.*

C. Practical considerations for breaking into practice teams:

- When plenty of time is available, the ideal number for practice teams is three. A team of three provides a facilitator, a recipient, and an observer/intercessor/assistant, and it will protect against inappropriate pair bonding.
- It's okay to work in teams of two if you are not at risk for inappropriate pair bonding. (For example, you are here with your spouse, or your grandmother, or a sibling, or some other arrangement with no risk of inappropriate pair bonding). When they are appropriate, teams of two are especially efficient with respect to time.

D. Short term and unconscious priming memory: I strongly encourage taking 3 minutes to read through the facilitator instructions immediately prior to going through the exercise. This takes advantage of short term memory and unconscious priming memory, and will help the instructions feel more familiar and comfortable as you are actually using them.

****Option for longer exercise:** If you and your group have more time, and you want to expand your "Lite" Immanuel Approach training, make sure to watch the full training segment so that you see the part of the demonstration where Charlotte coaches me to look at a particular issue *with Jesus*. And then add 10 minutes to the time allotted for each person going through the exercise so that participants have time to include this piece.

Facilitator instructions (~12 min/~22 min for each recipient):

1) Positive memory and appreciation:

- **Help the recipient find a non-God positive memory:** **Sample coaching:** “Do you have a God positive memory?” If yes, move to next step. If no, encourage the recipient to find a new positive memory that can be upgraded to an Immanuel positive memory. If the recipient is having trouble finding a positive memory, ask questions from the list of non-God positive memory examples (above) to help them.
- **Coach the recipient to connect with the positive memory:** Help the recipient to connect with their positive memory. **Sample coaching:** “Now I would like you to close your eyes, imagine yourself being back inside of the original experience, and describe the memory in as much detail as possible. For example:

What did you see? Hear? Smell? Taste? Feel on your skin?
What thoughts and emotions were you having at the time?
What thoughts and emotions come as you think about it now?
How does your body feel?”

If the recipient gives a sparse description and does not reconnect with the memory, gently prompt them to fill in more details until they connect with the memory and feel appreciation.

2) Interactive connection invitation and request:

- ***Non-God positive memory:** The recipient has their eyes closed, they’re imagining themselves inside the memory, and they’re feeling appreciation. Now coach the recipient to invite Jesus into the positive memory. **Sample coaching:** “Okay, now I want you to pray something like, ‘Jesus, I know, in faith, that you were with me when I was (*name memory – e.g., “enjoying that pizza”*). I welcome You to be with me now, in this memory. Help me to perceive Your living, interactive presence.’

And then describe everything that comes into your awareness, regardless of whether it feels important, makes sense, or is neatly packaged. Describe any perception of Jesus’ presence, and any interactions with Jesus, *in detail.*”

After the recipient describes their perception of Jesus’ presence and any spontaneous interactions, coach them to focus on Jesus and ask how Jesus feels about being with them. And, **as always**, coach them to observe and describe whatever comes into their awareness. **Sample coaching:** “Okay, now I would like you to focus on Jesus and ask him, ‘Lord, how do you feel about being with me?’ and then describe everything that comes into your awareness, regardless of whether it feels important, makes sense, or is neatly packaged.”

If there is extra time: Coach the recipient to look at, and think about, an issue or question *with Jesus*. Help them to focus and get words for their thoughts and feelings about the issue/question, help them to express their thoughts and feelings directly to Jesus, coach them to ask, “What do You want me to know about this, Lord?” and then coach them to describe whatever comes into their awareness *regardless of whether it feels important, makes sense, or is neatly packaged*.

And then, as new pieces come forward, coach them to focus on each new piece and get words for what’s in their heart regarding the new piece; coach them to talk directly to Jesus about what’s in their heart, and then ask Him for guidance and help; and coach them to describe whatever comes into their awareness *regardless of whether it feels important, makes sense, or is neatly packaged*.

Note: Help them to keep engaging directly with Jesus, as opposed to talking to you, or just trying to think about the issue/question on their own.

3) Troubleshooting: If the recipient does not perceive the Lord’s interactive presence, coach them to ask the Lord for guidance regarding blockages. **Sample coaching:** “In faith we know that Jesus is in the memory with you, even though you can’t perceive him. So I would like you to ask the Lord, ‘What’s in the way of my being able to perceive your presence, Lord?’ and then notice and describe whatever comes into your awareness, regardless of whether it feels important, makes sense, or is neatly packaged.”

After the recipient describes whatever comes into their awareness, coach them to ask for guidance regarding the next step. **Sample coaching:** “Now ask the Lord, ‘How can I cooperate with your plan to resolve the blockage?’ and then notice and describe whatever comes into your awareness.”